



BE
Well

Workplace Wellness Programs

STRESS!

- A negative emotional experience accompanied by predictable biochemical, physiological, cognitive and behavioral changes
- It is the way you respond to these experiences that determines the impact stress will have on your life

New state-of-art BCBSND process to assess stress

Currently taking applications for staff positions.

- No experience required
- Self-discipline required

AND YOU THINK YOUR JOB STINKS?



POSITIVE THINKING

Developing a positive mindset is one of the most powerful life strategies there is.

“God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”



– Reinhold Niebuhr

“Life is not a matter of having good cards, but of playing a poor hand well.”

- Robert Louis Stevenson

“When it rains, I let it.”

- 113 year old man in response
to a question about the secret of his longevity.

“Take care of your body. It's the only place you have to live.”

- Jim Rohn

“Every day is an opportunity to make a new happy ending.”

- Anonymous

“Make the most of yourself, for that is all there is of you.”

- Ralph Waldo Emerson

“Wellness is a process – a developing awareness that there is no end point, but that health and happiness are possible in each moment, here and now.”

- J.W. Travis and R.S. Ryan, The Wellness Workbook

“It’s not the years in your life that count. It’s the life in your years.”

- Abraham Lincoln

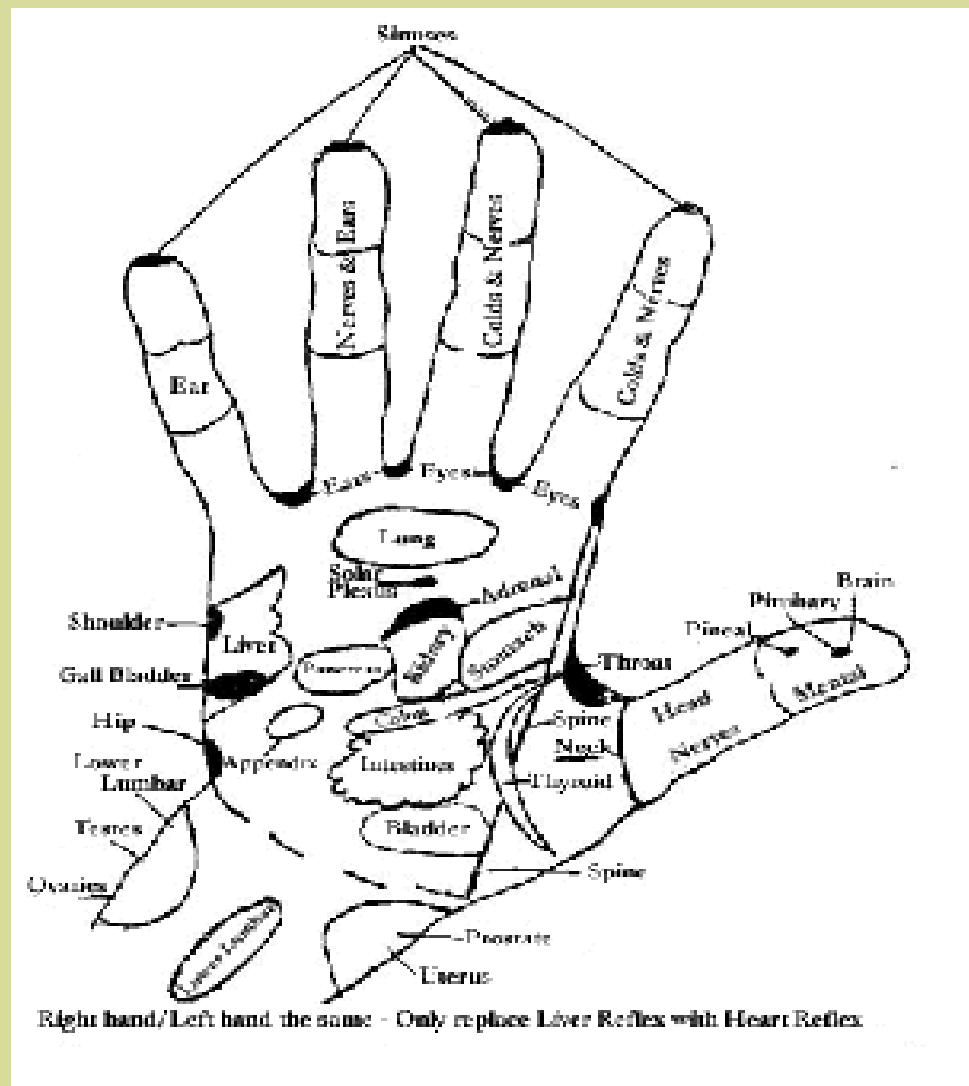
“Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.”

- Mary Anne Radmacher

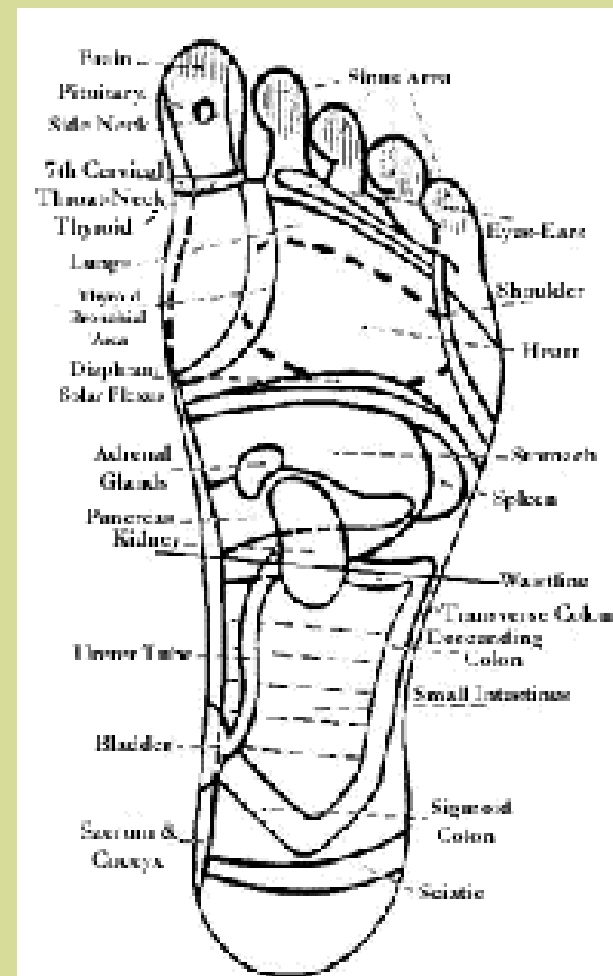
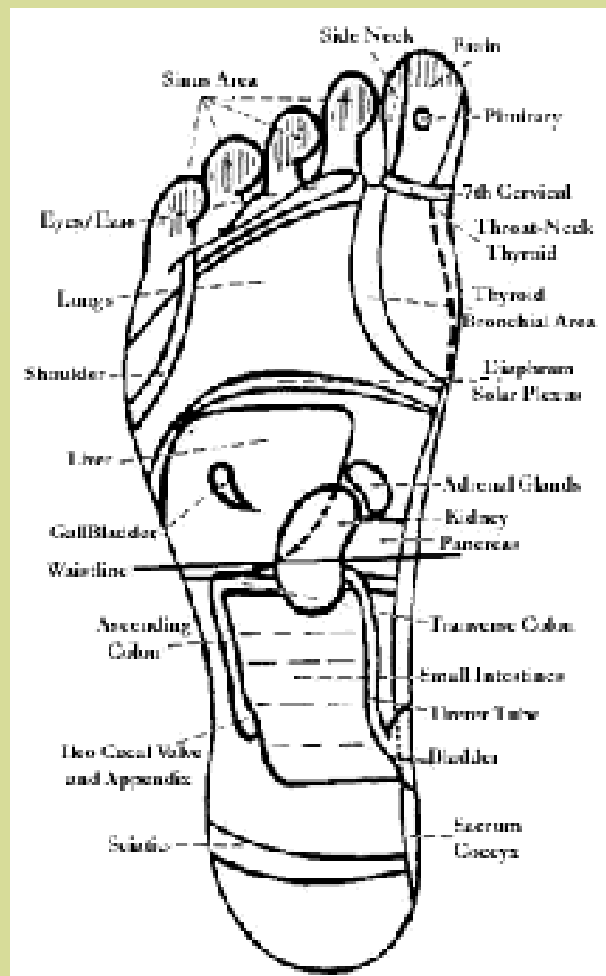
"How wonderful it is that nobody need wait a single moment before starting to improve the world."

- Anne Frank

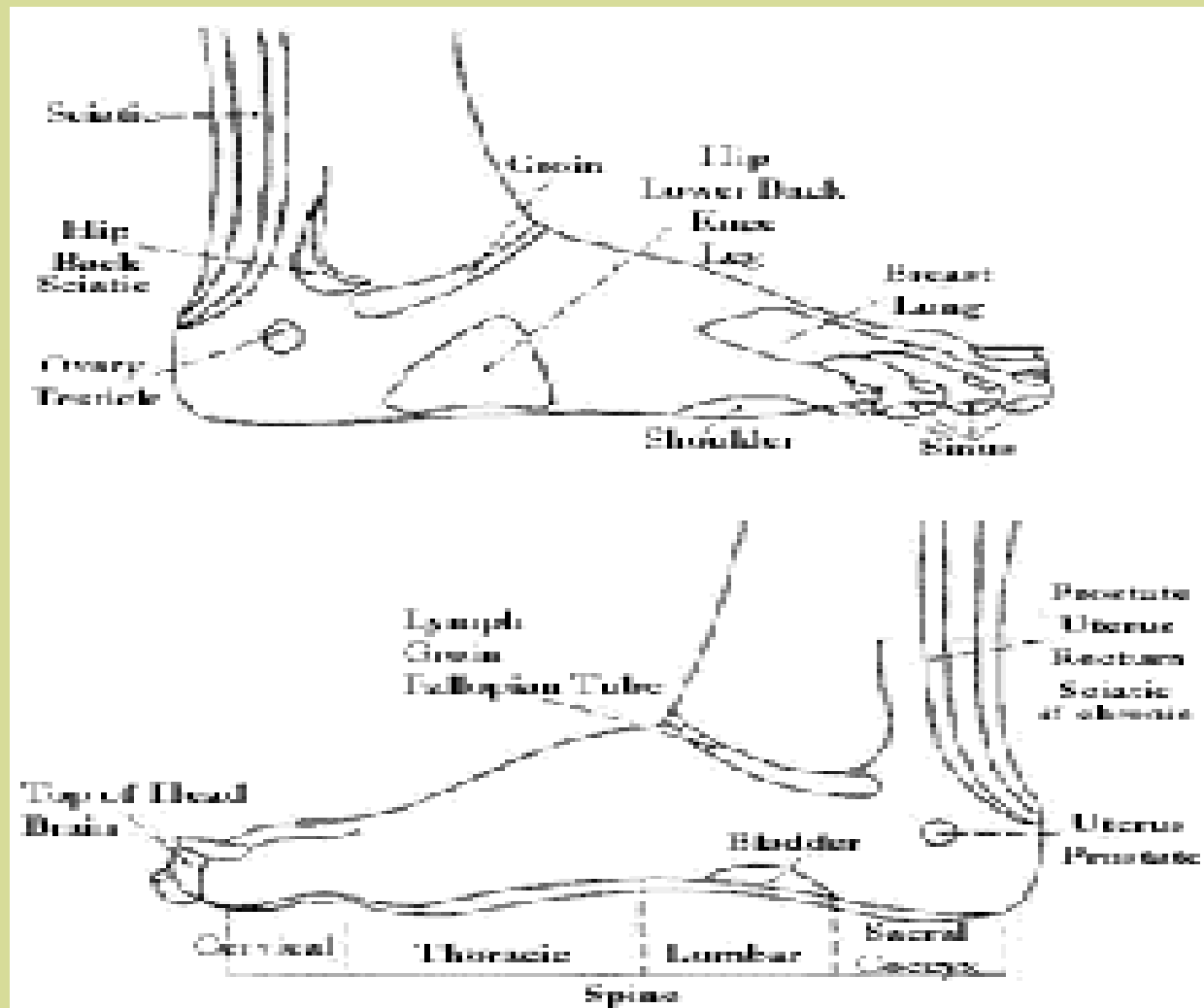
Hand Reflex Points



Foot Reflex Points



Latero-Medial Foot Reflex Points



Thank You

Questions?